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Barnwood House

Hospital for Mental and
Nervous Disorders,

Near Gloucester.

Ninety-third

Annual Report

For the Year 1952.

Printed by H. OSBORNE, Gloucester.

1953.

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REPORT

OF THE

HOUSE COMMITTEE

The Committee, in presenting their Ninety-third Annual Report, record that during the year 1952 there was a marked increase in the number of patients resident, the daily average being one-hundred and forty-five, which is twenty-six more than that for 1951 and only five less than the daily average for the past fifty years.

This increase is striking, following as it does the decline during the five years from 1947 to 1951 when the numbers fell to such low level as to cause disturbing economic problems. Whether this great variation be due to post-war conditions, to the new health service, or to some other cause, there seems good reason to believe that a steadier plane has now been reached.

The accounts and the comparative tables, again being sent to the Governors in separate form, will reflect in financial light the higher numbers maintained, for while expenditure on maintenance, treatment and comfort has risen sharply, income too has climbed to heights quite new.

Forty-four applications for admission, or for continuance of maintenance at rates below the actual average cost were considered, and only two of these were declined. To enable the Com-

mittee to meet so many new calls for such concessions, as well as to renew existing ones when due for review, higher fees had to be charged for most new admissions. As new admissions entail much initial investigation and close observation, this course would seem to be an equitable one, while the fees can afterwards be reduced should a considerable time elapse before recovery and discharge take place.

As the prospect of the move to Woodchester becomes remote, so the need for concentration on our buildings at Barnwood becomes clearer; for, since the year 1938, when a move seemed certain, little has been spent upon the buildings here. But at last a start has been made, and the painting of the wood and iron-work of the North face of the main block was accomplished during the year, while the lounge and the dining-room of No. 1 Gentlemen's Division, the detached villa "Lynnthorpe," as well as two bedrooms at the Manor House, have received internal decoration. Wash basins with hot and cold water have been fitted in four more bedrooms in the Gentlemen's Division, where, too, more lengths of water service pipe have been renewed. The brick-built bridge for farm vehicles across the Horsbere brook has been repaired, and the usual everyday repairs (too numerous here to recite) to the roofs, gutters, pipes and fabric of the buildings generally were carried out. Indoors, a scheme for the introduction of transportable covered food trolleys and service lifts was approved and projected. Of more direct interest to the patients was the installation of television sets in the Ladies' Division, in the

Gentlemen's Division, at the Manor House, at Lynnthorpe and at Crickley Court (as well as in the staff quarters) which has proved a great success.

X | The lease to the Minister of Health of a four-and-a-half acre bulge of scrub land on the South boundary of the estate—left outside the boundary wall because of the cost of including it—was signed. The disposal of another piece of rough land—a strip cut off by the new road line in Church Lane and also outside the boundary wall—was solved by dedication to the County Council. The obstacles to the completion of a lease of another piece of land, in Upton Lane, upon which now stand the temporary offices of the County Council, had not been overcome by the end of the year, and it would seem that a sale will prove a more satisfactory solution.

Much legal work directed to the establishment of a good title to all the properties, and their transfer to new trustees, was accomplished during the year. All the investments, both of the general fund and of the pension fund, are now in the names of the same new trustees.

At Woodchester Park the Committee granted their tenant the use of the remaining rooms of the unfinished Mansion, without extra rent but on full repairing terms. A satisfactory lease of Bownham Park was signed in August.

By May it had become clear that no real improvement at Park Farm was taking place, and Captain Peter Gibbs most generously undertook

a special visit to Nympsfield to make an inspection and submit a report. As a consequence of this the Committee appointed Captain Gibbs, with Lord Banbury of Southam and Major G. B. Heywood, to act as a Sub-Committee to advise them on matters of farming policy and consequent operations. To all three gentlemen the Committee are most grateful for the interest they have taken and for the valuable help they have given.

At Barnwood special consideration was given to the kitchen garden and to the pleasure grounds, and it was decided that by the adoption of fresh methods more vegetables, more fruit and more flowers, as well as improvements in the grounds, might well be gained. After obtaining expert advice, the Committee planned certain changes directed to secure these ends in the ensuing year.

At the Annual Meeting in March, the Lord Banbury of Southam and Rear-Admiral A. J. L. Phillips, D.S.O., were elected as Governors, whilst Lieut-Commander A. F. Collett resigned. Lord Banbury, Major G. B. Heywood and Rear-Admiral Phillips were elected to the General Committee and to the House Committee. As foretold in last year's report, Sir John Percival's resignation from the House Committee, was received. Sir John also left the General Committee, and his valuable advice over a great period of years, has been missed by both bodies. Four new Trustees, for both the General Fund and the Pension Fund, were appointed at the Annual Meeting. To the retiring Trustees, the Committee take this oppor-

tunity of expressing their thanks for services extending over many years—for thirty-six in the case of Colonel Sir Lionel E. H. M. Darell, Bart., D.S.O.

A donation of one hundred pounds was made to the Gloucester Cathedral Fabric Appeal Fund.

In August the death occurred of Dr. Arthur A. D. Townsend, the well-remembered former Medical Superintendent, who had been connected with Barnwood House for no less than sixty-years and who was elected as a Governor upon his retirement in 1937. A letter expressing the sympathy and regrets of the Committee was sent to Mrs. Townsend.

R. S. Hill, a deputy charge nurse, Herbert Fosker, a farm employee, and Alice Nicholls, a housemaid, retired on pensions. Those receiving pensions at the end of the year numbered twenty-eight persons.

The Committee are indeed gratified to be enabled to offer their warm congratulations to Dr. Fleming, their Physician Superintendent, upon his election as President of the Royal Medico-Psychological Association, and they look forward to receiving many distinguished guests when the Association's annual meeting and attendant functions take place at Barnwood House—the Hospital of its President—in the summer of 1953.

It is therefore with special pleasure that the Committee joins in the tribute paid to him by his own profession, by recording once more their

high appreciation of his services as their Physician Superintendent, and of his untiring efforts to cope with the many problems of a transition period of no little anxiety, efforts which have at length been rewarded by the greatly improved position of the Hospital presented in this Report. They wish also to thank his Deputy Superintendent, Dr. J. Gibson, and to acknowledge their debt to Dr. Ashby, whose valuable work in the Research Department attracts increasing attention. To the devoted care which Miss MacMillan, their Matron, and her Nursing staff bring to the care and comfort of the patients, the Committee offer their constant admiration and gratitude: while to the Heads of all other Departments, and to their staffs, whose diverse tasks all contribute so successfully to the smooth running of a large institution, they renew their appreciation and their thanks.

W. I. CROOME,
Chairman.

REPORTS
OF THE
COMMISSIONERS OF THE BOARD OF
CONTROL

BARNWOOD HOUSE,
GLOUCESTER.

13th May, 1952.

We have to-day completed the first visit of the year to this Registered Hospital which we began yesterday.

At the time of our visit there were on the books the names of 145 patients (52 gentlemen and 93 ladies), of whom 60 (20 gentlemen and 40 ladies) were on a voluntary basis, 3 were temporary patients (2 gentlemen and 1 lady), and the remainder were certified. Two ladies were on leave, so that there were 143 patients in residence.

During 1951 there were 125 direct admissions (41 gentlemen and 84 ladies) of whom 102 (34 gentlemen and 68 ladies) came in as voluntary patients, while 5 (2 gentlemen and 3 ladies) were temporary patients, and the remainder certified. Eight patients were admitted on transfer from elsewhere, and 90 patients (30 gentlemen and 60 ladies) departed or were discharged. Four patients were transferred to other statutory care. Deaths during that year numbered 15 (5 gentlemen and 10 ladies).

From the 1st January 1952, there have been 6 deaths—3 gentlemen and 3 ladies. No comment is called for with regard to the actual causes of death.

In the same period one gentleman sustained a fracture of the thigh while having electric convulsive treatment.

We believe we have seen all of the patients in residence. Much is done for their welfare here, and they appeared to us to be comfortable and contented. Several spoke with appreciation of what was being done for them. No one requested a private interview.

The house itself is well furnished, suitably decorated, and has the advantage of beautiful and well-kept gardens. The problem of overcrowding and shortage of staff which is so common throughout the country does not arise here.

The nursing staff consists of 14 male and 30 female nurses, of whom 2 of the former and 5 of the latter are on duty each night. Twelve male and 18 female nurses are certificated or registered in mental nursing.

Among the special forms of treatment given here are E.C.T. and the operation of pre-frontal leucotomy.

An outstanding feature of this Hospital is the amount of attention given to research. We visited the laboratory under the direction of Dr. Ross Ashby. He discussed with us the principles of his "mechanical brain" and its application to the problems of neuro-physiology. It is gratify-

ing that the House Committee are so appreciative of the need for research.

Dr. Fleming is assisted by Dr. Gibson who is his Deputy. We should like to thank Dr. Fleming and other members of his staff for their assistance to us during a very pleasant visit.

(Sgd.) R. G. ANDERSON,

J. IVison RUSSELL,

Commissioners of the Board of Control.

BARNWOOD HOUSE,

GLOUCESTER.

26th August, 1952.

At my visit to this Registered Hospital, the names of 94 ladies and 59 gentlemen were shown on the books; eighty are under certificates and the remainder are here under the provisions of Section 1 of the Mental Treatment Act (1930) with the exception of 3 temporary patients.

Throughout my visit, both to the main building and the three villas, I found all the various day rooms, single rooms and dormitories well kept and clean. The furnishings are good and compatible. The Hospital has the advantages of lovely grounds and well kept gardens.

During the period under review, the general health of the patients has been very satisfactory. There have been no deaths.

The numbers of both male and female nursing staffs are satisfactory and I found good relations existing between patients and staff.

The patients were generally very contented and appreciative of the care and medical treatment of which they are in receipt.

Dr. Fleming has to assist him Dr. Gibson, and I would like to offer to the former my thanks for every assistance he gave me during my visit.

JOHN C. RAWLINSON,
Commissioner of the Board of Control.

REPORT OF THE MEDICAL SUPERINTENDENT

I have the honour to present my report for 1952.

There were in the Hospital on January 1st, 1952, 77 certified patients, 4 temporary patients and 61 voluntary patients.

Twenty-seven certified patients, 8 temporary patients and 123 voluntary patients were admitted during the year, a total of 158 compared with 133 in 1951.

One hundred and forty-two patients were discharged, transferred or died. These changes left the numbers on the books on the 31st December 1952 as follows :—

		<i>Male</i>	<i>Female</i>	<i>Total</i>
Certified Patients	...	31	51	82
Temporary Patients	...	2	2	4
Voluntary Patients	...	23	49	72

Three hundred patients of the three classes were under treatment during the year as compared with 251 in 1951 and 247 in 1950.

The daily average number of patients on the books during the year was 147 compared with 121 in 1951.

Of the direct admissions during the year, the percentage of voluntary admissions was 82 com-

pared with 82 in 1951, while that of certified patients was 13, compared with 14 in 1951. The number of patients admitted during the year is a record since the hospital was opened.

Two hundred and fifteen enquiries were made by relatives and of these 73.5% were subsequently admitted. Of the 215 enquiries, 80 were from the County of Gloucestershire, i.e. 37%. Of the admissions, 32% were more than 65 years old, and 6% were under 30.

DISCHARGES

One hundred and twenty-nine patients left the Hospital during the year. Of these 18 males and 43 females were discharged recovered, that is, 34% males and 44% females and 40% of the total direct admissions.

Forty-four patients were discharged relieved and 17 were discharged not improved, either to the care of friends or to other hospitals.

DEATHS

There were 13 deaths during the year, 7 male and 6 female, the average age at death being 77. Of the 13 deaths 3 had been in the hospital less than 1 year.

The general health both of patients and of staff has been very good during the year.

RESEARCH

The year 1952 has seen no change in our programme of research. Dr. Ashby has continued his work on constructing his new model of

the mechanical brain and investigating the mechanism of electro-shock therapy.

Mrs. Bassett has applied various psychological tests to the majority of the new admissions. This has been of the greatest help in our clinical work.

GENERAL MATTERS

The amount spent on repairs during the year was £8,396 compared with £5,394 in 1951. The amount spent on furniture was £1,520, compared with £846 in 1951. A great deal of work is still to be done to overtake the inactivity created by the war and the post-war handicaps.

I wish to express my appreciation of the loyalty and help I have received during the year from the Medical Officers, the Matron and all the staff; particularly to Miss MacMillan and to Miss Clargo who has also had to continue the work of Sister-Tutor.

It is my special pleasure to express to the Chairman and Committee my appreciation of their support in the many difficult decisions which have had to be made during what has been a very satisfactory year.

G. W. T. H. FLEMING,

Medical Superintendent.

REPORT
FROM DEPARTMENT OF RESEARCH
(DR. W. ROSS ASHBY, *Director*)

During 1952 our work has continued in close collaboration with that of Professor F. L. Golla at the Burden Neurological Institute, whose unfailing co-operation is deeply appreciated.

The work continues to attack what is perhaps the outstanding problem of modern therapeutics—the mode of action of electro-convulsive treatment. Though perhaps the most effective of all, it has, in the past, been little understood in its fundamentals, and this lack of knowledge has prevented our making full use of its therapeutic possibilities. The work at Barnwood House has, however, begun to throw light on this question, and the results have been published in the scientific journals. By last year, our work had reached a stage at which its publication in a comprehensive form had become necessary if its full range and implications were to be appreciated. Accordingly, the results have been published in book form, showing the various parts of the work in their proper relations. The book gives a full explanation of what was an outstanding problem and has placed the whole subject on a properly scientific basis.

The work in the Department has shown that the normal brain's power of adaptation is based on an appropriate use of ultrastability, a process by which a system can maintain itself in stability in spite of disturbances that would disorganise any system not using it. Now that this principle has been identified, an advance due entirely to

the work done at Barnwood House, the improvement of electro-convulsive treatment can be undertaken rationally and scientifically.

The next steps of the research are now in progress.

Mrs. Bassett's work on the effect of electro-convulsive treatment on the psychogalvanic response has been continued in so far as her other work with patients has allowed. Several thousand tests have been made, and the results are now being analysed. They promise results of high scientific value.

Laboratories at other hospitals and universities have followed our work with interest, and I have been invited to lecture on the work to various institutions, a list of which is appended.

Publications

Design for a brain. Published by Chapman and Hall, London, and John Wiley and Sons, New York. September 1952.

Adrenal cortical function and response to convulsive therapy in a case of periodic catatonia. *Journal of Mental Science*, 98, 81; 1952.

Addresses

University of Illinois, Chicago;
 Josiah Macy Jr. Foundation of New York;
 Mellon Institute, Pittsburgh;
 University of Birmingham;
 Conference on mechanical brains, University of Pennsylvania;
 Research Laboratories of the Bell Telephone System, New Jersey;
 National Institute of Health, Washington.

TABLE A 1—SHOWING THE MOVEMENT OF THE HOSPITAL POPULATION DURING THE YEAR 1952.

	Voluntary Patients.						Temporary Patients.						Certified Patients					
	M.			F.			T.			M.			F.			T.		
	M.	F.	T.	M.	F.	T.	M.	F.	T.	M.	F.	T.	M.	F.	T.	M.	F.	T.
On the Hospital Registers, January 1st, 1952	20	41	61	3	1	4	27	50	77
Total cases admitted during the year..	40	83	123	3	5	8	12	15	27
Cases Regraded	2	2	4
Total cases under treatment during the year	62	126	188	6	6	12	39	65	104
Cases discharged or transferred during the year—
Recovered	16	36	52	2	3	5
Relieved	15	28	43	1	1
Not Improved	5	9	14	2	6	8
Regraded	1	2	3
Died during the year	3	4	7	1	..	1	3	2	5
Total cases discharged, transferred, regraded and died during the year	39	77	116	4	4	8	8	14	22
On the Hospital Registers, December 31st, 1952	23	49	72	2	2	4	31	51	82
Average daily number on the Registers during the year	22.0	40.9	62.9	2.2	1.0	3.2	29.9	50.7	80.6
Certified Persons (<i>i.e., separate persons in contradistinction to "cases" which may include the same individual more than once</i>) under care during the year ..																		
..	39	64	103
.. admitted	12	14	26
.. recovered	2	3	5



TABLE A2.—GENERAL TABLE, SHOWING THE MOVEMENT OF THE HOSPITAL POPULATION DURING EACH YEAR SINCE 1ST JANUARY, 1941, TOGETHER WITH THE RECOVERY AND DEATH RATES.
(UNDER THE MENTAL TREATMENT ACT, 1930, VOLUNTARY AND TEMPORARY PATIENTS ARE NOW INCLUDED).

YEAR.	ADMISSIONS									Total number under Treatment.			DISCHARGED OR TRANSFERRED.									DIED.			Remaining on Registers December 31st			Average Daily Number on Registers.			Percentage of Total Recoveries on the Total Number of Admissions.			Percentage of Total Recoveries on the Direct Admissions.			Percentage of Recoveries yielded by Direct Admissions on the Direct Admissions.			Percentage of Deaths on Average Daily Number on Registers.		
	Direct.			Indirect.			Total.						Recovered.			Relieved.			Not Improved.																							
	M.	F.	T.	M.	F.	T.	M.	F.	T.	M.	F.	T.	M.	F.	T.	M.	F.	T.	M.	F.	T.	M.	F.	T.	M.	F.	T.	M.	F.	T.	M.	F.	T.	M.	F.	T.	M.	F.	T.			
1941	25	40	65	4	7	11	29	47	76	86	138	224	6	14	20	4	8	12	8	10	18	8	13	21	60	93	153	58	95	153	22·6	35·	30·	24·	35·	31·	18·5	35·	28·3	13·5	13·5	13·5
1942	27	41	68	3	1	4	30	42	72	91	136	227	11	20	31	6	7	13	5	4	9	5	12	17	63	92	155	60	92	152	36·6	47·6	43·	40·7	48·8	44·1	8·3	13·	11·2			
1943	45	54	99	3	3	6	48	57	105	115	150	265	19	30	49	4	8	12	13	4	17	7	12	19	68	95	163	68	94	162	39·6	52·6	46·6	42·2	55·5	49·5	40·	55·5	48·5	10·3	12·7	11·7
1944	26	48	74	5	1	6	31	49	80	99	147	246	14	24	38	9	4	13	5	10	15	16	15	31	55	91	146	61	95	156	45·1	49·	47·5	53·8	50·	51·3	53·8	47·9	50·	26·2	15·8	19·8
1945	35	60	95	—	2	2	35	62	97	90	153	243	7	31	38	3	17	20	9	8	17	8	8	16	63	88	151	61	92	153	20·	50·	39·2	20·	51·7	40·	17·1	50·	37·9	13·1	9·	10·5
1946	48	53	101	3	4	7	51	57	108	114	145	259	24	28	52	6	7	13	16	9	25	10	12	22	58	89	147	61	89	150	47·1	49·1	48·1	50·	52·8	51·5	45·8	41·5	43·6	16·4	13·5	14·7
1947	60	65	125	9	4	13	69	69	138	127	158	285	13	32	45	16	22	38	21	7	28	12	9	21	60	87	147	57	86	143	18·8	46·4	32·6	21·7	49·2	36·	18·3	49·2	34·4	21·	10·5	14·7
1948	46	74	120	2	7	9	48	81	129	108	168	276	25	30	55	10	27	37	11	17	28	9	13	22	53	75	128	57	79	136	52·1	37·	42·6	54·3	40·5	45·8	52·2	40·5	45·	15·8	16·5	16·2
1949	42	71	113	—	5	5	42	76	118	95	151	246	25	28	53	5	13	18	9	13	22	7	13	20	49	80	129	53	83	136	59·5	36·8	44·9	59·5	39·4	46·9	59·5	39·4	46·9	13·2	15·7	14·7
1950	46	67	113	3	5	8	49	72	121	98	152	250	22	35	57	17	17	34	1	7	8	16	14	30	42	76	118	47	79	126	44·9	48·6	47·1	47·8	52·2	50·4	47·8	52·2	50·4	34·0	17·7	23·8
1951	41	84	125	6	7	13	47	91	138	89	166	255	17	36	53	7	19	26	9	6	15	5	10	15	50	92	142	42	79	121	36·2	39·6	38·4	41·5	42·9	42·4	41·5	42·9	42·4	11·9	12·7	12·4
1952	53	98	151	4	9	13	57	107	164	107	197	304	18	43	61	16	29	45	8	15	23	7	6	13	56	102	158	54	93	147	31·2	40·2	37·2	34·0	43·9	40·4	34·0	43·9	40·4	13·0	6·5	8·8

